

## RUNNING SHORTS

### **Finding the best exercise that fits you**

By Matt Wagner

People often ask what is the best exercise for them to perform? This is an intriguing question, as there are many variables to consider. Because this is a running column, you might expect me to say that running is the best exercise. Or because I owned a gym for many years, perhaps we might say that everyone should lift weights. My mall-walker friends will certainly tell you that they do the best form of exercise. But all my swimmers on our swim team (and especially the lap swimmers that are also at the pool) will most definitely tell you that swimming is the best!

This discussion must begin with your individual goals. What is it that you are trying to accomplish? If you are interested in losing weight and improving your heart and lungs (sort of important), then some form of cardiovascular exercise would be recommended. But which one? That may depend on the availability of resources. If you like to swim, a pool (or a pond) is a necessary component. If you think semi weight bearing exercise is for you, then you need access to an elliptical, stairmaster or a bicycle. If you think walking or running is the way to go, you need to find either a treadmill or the outdoors (or a mall).

But which one is the best? We are still not quite ready to answer that question. There are positives and negatives to each one of those. Swimming is very good overall exercise, but there is a certain skill level necessary to swim and make your time worthwhile. Semi weight bearing exercise is not too hard on the joints, but you do need that special piece of equipment. Walking or running is a good calorie burner, but it is hard on the joints. Positives and negatives, right?

The BEST exercise is the one you enjoy doing. Exercise is not a “one size fits all” prospect. You need to find what you are comfortable doing, and an activity that you will stick with for an extended period of time. Exercise should be considered for the long term, as the benefits take place after repeated doses of this particular medicine, not just one.

See you on the trails! Or on the bike, or at the pool.....

#### **Recent race results:**

##### **Octoberfest Run, College Station, Oct. 16**

##### **Half Marathon (13.1 miles)**

Julie Davis, 37	1:46:38
Derek Davis, 28	1:46:40
Kacie Mitchell, 22	2:28:48
Sharon Valles, 43	2:33:09
Ken Johnson, 75	3:05:35

##### **10K (6.2 miles)**

Logan Beverly, 20	1:06:25
Connie Mathis, 44	1:07:50
Marcy Beverly, 47	1:11:47
Shelby Beverly, 21	1:14:13

**Tater Trot 5K, Gilmer, Oct. 15**

Steve Allen, 44 22:07

**CapRock ER 5K, College Station, Oct. 15**

Cindy Pate, 56 38:03

Ken Johnson, 75 38:17

**Tyler Rose Half Marathon, Tyler, Oct. 9**

Jody Slaughter, 53 2:08:58

**Chicago Marathon (26.2 miles), Oct. 9**

Maria Wicker, 51 4:42:05

**Space City 10 Miler, Clear Lake, Oct. 9**

Dan Byrne, 58 1:02:53

**Texas 10 Series Cypress, Oct. 9**

**10 Miles**

Jose Torres, 23 1:02:35

Jason Wallace, 41 1:08:06

Steve Bickford, 55 1:17:22

Jose Moreno, 55 1:17:54

Angelina Santos, 51 1:21:14

Monica Lopez, 33 1:39:15

Giovanni Valdivia, 31 1:41:02

Ray Sarno, 69 1:56:02

Ken Johnson, 75 2:10:31

**5 Miles**

Francisco Manzanares, 16 38:02

Cathy Bickford, 54 58:56

Cindy Pate, 56 1:02:43

Diana Sarno, 54 1:03:25

Patricia Brumley, 75 1:14:57

**Running of the Bulls 5K, Houston, Oct. 9**

Steve Allen, 44 22:15

**10 for Texas, 10 Miles, The Woodlands, Oct. 8**

Melvin Neely, 60 1:26:45

Darryl Shreves, 56 1:28:49

Scottie Ward 1:31:51

Pamela Walton 1:42:16

**Country Fest 5K, Mount Vernon, Oct. 8**

Steve Allen, 44 23:17

**Run the Woodlands 5K, The Woodlands, Oct. 8**

Ken Johnson, 75      37:12

**Upcoming races in Huntsville:**

October 22 – Huntsville Half & Quarter Marathon & 5K Run/Walk

November 26 – Leftover Turkey 10K, 5K, 1-Mile, Physical Therapy Associates

For more information about these races and others in the area, visit the Seven Hills Running Club website at <http://www.7hills.us> and click on Race Schedule.